

Capodichino Fit Zone Pool: Monday-Friday, 6 a.m.-8 p.m.
Saturday and Sunday, Closed

Read and follow the guidelines to help ensure the health and safety of everyone. If you violate these rules, you risk losing your access to the pool.

Eligibility

Active-duty military only may use the centers until further notice.
100 percent ID check.

Reservations

- Reservations are required to use the pool. No walk-ins allowed.
- Make reservations at **<https://myffr.navyaims.com>**
- You must register for the My FFR site before reserving a workout.
- Choose day
- Choose an estimated start time of your workout.
- Choose Capodichino Fit Zone.
- Choose Pool lap swim
- You will see the options available, based on the information requested. Choose your option.
- Print your workout reservation confirmation.

Please note:

- Reservation block is 60 minutes
- Pool has capacity limitations. Reservations are on a first-come, first-served basis so busy times may be filled. Please be flexible in your workout schedule.
- You may make up to three reservations per week.

Things to bring

- CAC – 100 percent ID check.
- Workout reservation confirmation.
- Cloth face covering – Masks are required at all times on the pool deck and in locker room when you cannot maintain a six-foot distance.
- Shower towel – towel service is not available.
- Flip flops or slide-on shoes for pool deck – no sneakers or bare feet allowed.
- Water bottle – no drinking fountains available for refills.

Pool

- Lap swim only.
- One swimmer per lane. Lane will be assigned.
- No equipment will be available (i.e., kickboards, pull buoys, paddles or fins.) You may bring your own equipment, but everything must be rinsed before entering pool deck.
- Mandatory pre-swim rinse before you enter the pool deck.
- Wipe down any surfaces you or your belongings touched before you leave the pool deck.
- Shower time is allotted after your swim.

Check in

- Arrive dressed and ready for your swim. Wear swimwear under your clothes.
- Form a line outside the building no more than five minutes before your designated workout time.
- 100 percent ID check. Please have your ID card and reservation confirmation ready at the check-in desk.
- At the start of your time block, a staff member will escort you to the locker room.
- Be on time! Late entries will not be allowed into the pool area. No exceptions.

Locker rooms

- Limit use of restrooms during your workout as much as possible.
- Maximum capacity is 10 people at any time.
- Maximum time in the locker room is 15 minutes.
- Swimmers have priority to use locker rooms.
- A staff member will escort you to the locker room for mandatory pre-swim rinse.
- Wipe down all surfaces you or your belongings touch before and after use.
- Locker rooms will be available for 60 minutes after each swim session.
- Cloth face covering is required when you cannot maintain a six-foot distance.
- Sauna is closed.

Lockers

- Daily locker rental is not allowed.
- Bring a small bag with your towel, toiletries, etc. to place in a designated space on the pool deck.
- Patrons who have a monthly rental locker may keep it until the locker expires.